

## **Pulla** (*Finnish Cardamom Sweet Bread*)

1 (38x15-cm) loaf / Serves 12

- 180 ml milk, warmed to 43°C
- 60 ml water, warmed to 43°C
- 66 g sugar
- 7 g instant yeast
- 585 g all-purpose flour
- 2 eggs, room temperature
- 2 tsp ground cardamom
- $\frac{3}{4}$  tsp salt
- 56 g unsalted butter, melted and cooled
- 1 egg beaten with 1 T of water (for egg wash)
- Coarse sugar and sliced almonds (for topping)



1. In the bowl of a stand mixer, combine **milk**, **water** and **sugar**. Sprinkle the **yeast** over top and let stand for 5 minutes, until foamy.  
*(SAF instant yeast no need to do this...simply mix with ingredients in 2 below.)*
2. Add **260 g of flour**, **eggs**, **cardamom**, and **salt**. Mix until smooth.
3. Add the **butter** and mix until combined.
4. Knead the dough in the bowl, adding enough of the remaining **flour** to keep it from sticking, until the dough comes clean from the sides of the bowl and doesn't stick to your hands.
5. Shape the dough into a ball in the bowl and cover it with a damp tea towel. Let the dough rise in a warm, draft free place for **1 - 1½ hours, or until doubled**.
6. Once risen, knock back the dough and divide it into 3 strands for a braid. Roll each strand into a 50-cm snake. Braid the strands and place the braided loaf on a parchment lined baking sheet. Brush the top of the loaf with the **egg wash** and sprinkle it with **sugar** and **almonds**, if desired. Let the loaf **rise for 30-40 minutes, or until doubled** in bulk.
7. Near the end of rising time, preheat your oven to **190°C**.
8. **Bake the bread for 25-30 minutes**, until golden and hollow sounding when tapped.
9. Remove the loaf from the oven and let it cool slightly on a wire rack before cutting.

✓ Bread will keep for 1 week on the counter in an air-tight container.

### **For Rolls:**

1. Divide the dough into 12 portions.
2. Roll each portion of dough into a round ball and place them on a parchment-lined baking sheet.
3. Brush the rolls with egg wash and sprinkle with sugar and almonds.
4. Let **rise for 20-30 minutes**, until doubled.
5. **Bake the rolls for 10-15 minutes**, until golden.